

**Fitness Committee
Minutes
April 25, 2019 @5pm
414-909-6581
PIN: 665 381 655#**

The Fitness Committee held a public meeting on April 25, 2019, beginning at 5p.m. via conference call.

Committee Members Present

Julie Maneen
Dr. Aruna Nathan (chair)
Cameron Pollock
Namisa Kramer
Johnel Metcalf

Committee Members Not Present

Jennifer Eastman
Dr. Mychelle Farmer
Joanne Roberts

Maryland Department of Health Staff Present

Nacole Smith

Dr. Nathan called the meeting to order at 5p.m.

1. Roll Call

Dr. Nathan took roll call. A quorum of the Fitness Committee was present.

2. Approval of Minutes

Dr. Nathan requested approval of the January 16, 2019 minutes. The minutes were approved.

3. Discussion

- Aruna sent two links via email to the committee that has information about exercising; these links will help us develop hashtags.
- Namisa suggested the following hashtags - #adoptahealthylifestyle, #healthandwealth, #walkandtalkmovement, #fitnessisgreatness, #fitnessequalswellness
- Nacole suggested #fit150
- Cameron suggested #MDfit150
- Aruna suggested schools come up with a logo and do a competition to see which logo is better; we can have a committee decide which logo is better; this will increase awareness for the campaign
- Namisa asked if we need to have the MD logo alongside the new logo
 - Nacole – since this is a partnership it would be best to use both logos

- Julie suggested that we should create the logo and put the hashtags out simultaneously; Julie suggested #fit4life
- Aruna will send samples of articles and pictures to the committee via email
- Namisa stated that people will be less inclined to read articles, but the pictures may catch their attention more

4. Adjournment

- The meeting was adjourned at 6 p.m.